

GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

Nov. 15, 2002

In brief

Power outage

The 325th Civil Engineer Squadron will perform a scheduled power outage 7 a.m.-1 p.m. Saturday. The following areas will be affected: 9700 area, sub scale, full scale, Silver Flag, 9401, Sky 10 and 1801.

This outage is necessary in order to make repairs to underground cables. The civil engineer squadron apologizes for any inconvenience.

For more information, call the civil engineering customer service office, 283-4949.

Legal office closure

The 325th Fighter Wing legal office will close 7:30 a.m. - 1:30 p.m. Tuesday due to a staff assistance visit from Air Education and Training Command and 19th Air Force staff judge advocates.

Will appointments have been moved from Tuesday to Wednesday for this visit. For information about a previously-scheduled appointment, call 283-4681.

Gulf Defender deadline

The last issue of the Gulf Defender for November is Nov. 22. The 325th Fighter Wing Public Affairs office will not publish the Gulf Defender during the Thanksgiving holiday week. All submissions for next week's issue are due to the public affairs office by today.

For more information, call 283-2973.

Inside

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Tech. Sgt. Dan Neely

Bath time

From left, Staff Sgt. Denise Brown, Senior Airmen Jennifer Miranda and Kari England, begin the decontamination process during a demonstration Nov. 1 just outside the 325th Medical Group. The demonstration was part of a training session for an initial cadre of an in-place decontamination team. Plans are under way to have all medical personnel trained on this procedure.

AF investigates potential F/A-22 cost overrun

WASHINGTON (AFPN) — Air Force officials announced Nov. 7 a potential cost overrun of up to \$690 million in the engineering, manufacturing and development phase of the F/A-22 program.

The potential overrun appears to be related to achieving cost and schedule in the developmental phase of the program, officials said. It is not related to its technology or performance. The aircraft continues to perform

superbly in all tests and remains on schedule for first aircraft delivery in 2004 and initial operational capability in 2005 as planned, according to Air Force Chief of Staff Gen. John Jumper.

Dr. Marvin Sambur, assistant secretary of the Air Force for acquisition, has appointed a team of technical and financial experts from industry and the Air Force to investigate the matter, determine its magnitude and recom-

mend steps to mitigate further problems. The team, led by John Ogg, director of the engineering and technical management directorate at the Aeronautical Systems Center, Wright Patterson Air Force Base, Ohio, will report initial findings later this month.

"The F/A-22 is essential to America's security in the 21st century, and we will get to the bottom of this issue," General Jumper said.

Wing bids farewell to command chief

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

This week we bid a fond and respectful farewell to one of the wing's pillars of leadership, Command Chief Master Sgt. Kevin Hodges. The past couple of years have been extremely busy for Team Tyndall, and our operations and personnel tempos have kept us moving in several directions. Through it all, Chief Hodges has been key to the wing's stability, providing sound advice during tough times and remaining a steadfast champion of the enlisted corps and Team Tyndall collectively. Today, Chief Hodges retires in a ceremony at 3 p.m. in Flag Park. I encourage everyone to come out and wish Chief Hodges all the best. Chief Hodges, thank you and your family for your years of sacrifice and dedicated, honorable service — you'll be missed by your Checkertail Clan friends and family. Godspeed and we look forward to hearing great things about you as you pursue a career in Bay County.

As we wish Chief Hodges success in retirement, we welcome a new member to the wing, Command Chief Master Sgt. Richard Cargill. Chief Cargill comes to us from Head-



"I encourage everyone to come out and wish Chief Hodges all the best. ... When you see Chief Cargill out and about the base, please extend him a warm welcome and make him feel at home."

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

quarters, Air Force Space Command, Peterson AFB, Colo., where he was the headquarters directorate first sergeant. During his 25-plus year career, the chief has served with distinction in a variety of positions and his experience and expertise will benefit the base and its people. When you see Chief Cargill out and about the base, please extend him a warm welcome and make him feel at home. We look forward to working with you as we face new and exciting opportunities here.

By now you've seen the first spins for next week's exercise. I encourage each supervisor at every level to discuss this information with your folks and plan accordingly. This particular exercise is very important in terms of preparing people for deployments, and to

hone our skills in this arena. The Air Force expeditionary mission is the Air Force's number one priority and we need to be ready to support our commitments; supporting AEF deployments by preparing and training our people to deploy, if necessary, is a top priority. A key aspect to this exercise and other exercises is feedback. It is critical to provide feedback to exercise evaluators, planners, wing leadership and your units in order to see where improvement can be made. Use this opportunity to the fullest in order to evaluate programs, ask questions, exercise wartime skills and increase readiness.

Meeting challenges is always a strong point at Tyndall. This year you've met and ex-

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Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

You're worth more than \$4.50

LT. COL. BARRY MILLER
56th Component Maintenance Squadron commander

LUKE AIR FORCE BASE, Ariz. (AFPN) — I remember reading some time ago that you could buy all the organic substances that form the human body for \$4.50. Less than five bucks. Hmmm ... never thought about it that way before, have you? Does this make you feel insignificant?

Way back when, back when I was only thinking about joining the Air Force, I believed the Air Force was some sort of omnipotent entity in itself. For some reason, I grew up accepting everything in life as a bureaucracy and the Air Force, in my mind, was no different. So when I entered, I viewed myself as nothing more than a cog molded to the outside of a slowly

turning colossal wheel, grinding away day after day, with no one person having much influence on the speed or direction it turned.

Who was I to question the way the Air Force accomplished its business? I never came close to thinking of all of us as lemmings, but I did think of us as being nothing more than cogs on a wheel.

It certainly didn't take me long to figure out what a wonderful bureaucracy the Air Force really is. While growing as a young officer and trying to relearn everything I slept through during officer training school, I soon figured out the Air Force wasn't a bureaucracy after all. The Air Force was not a slowly turning wheel with all of us as cogs. It was and is a very personable, highly tuned entity that responds quickly to change and performs flawlessly any mission our country asks of it.

So what's the greatest revelation of all? The "it" from above is you. It is me. The Air Force is all of us. The Air Force simply does not exist without you, the living, breathing, multi-talented and dedicated human being you are.

I still remember the first decision I made as an officer that touched the lives of all those around me and had an impact on the direction the Air Force would take. What a powerful feeling — not an "I'm in charge" kind of power, but rather the feeling I, little ol' me, was entrusted with shaping the present and the future of such a "massive entity," or a "colossal wheel," or a "bureaucracy" as I originally and incorrectly categorized the Air Force back in my naive days.

I was a lieutenant then, with no prior service. If I could feel the power of realizing the impact I, as an individual, had on my unit and the Air Force, who's to say any one of you reading this commentary can't experience the same high?

You can.

It doesn't matter what your rank is. A lot of you continually demonstrate your professionalism and spirit every day. You are what makes this Air Force tick. You turn the wheel. The decisions you as airmen, jun-

●SEE WORTH PAGE 5

Gulf Defender Editorial Staff

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Tech. Sgt. Dan Neely chief, internal information
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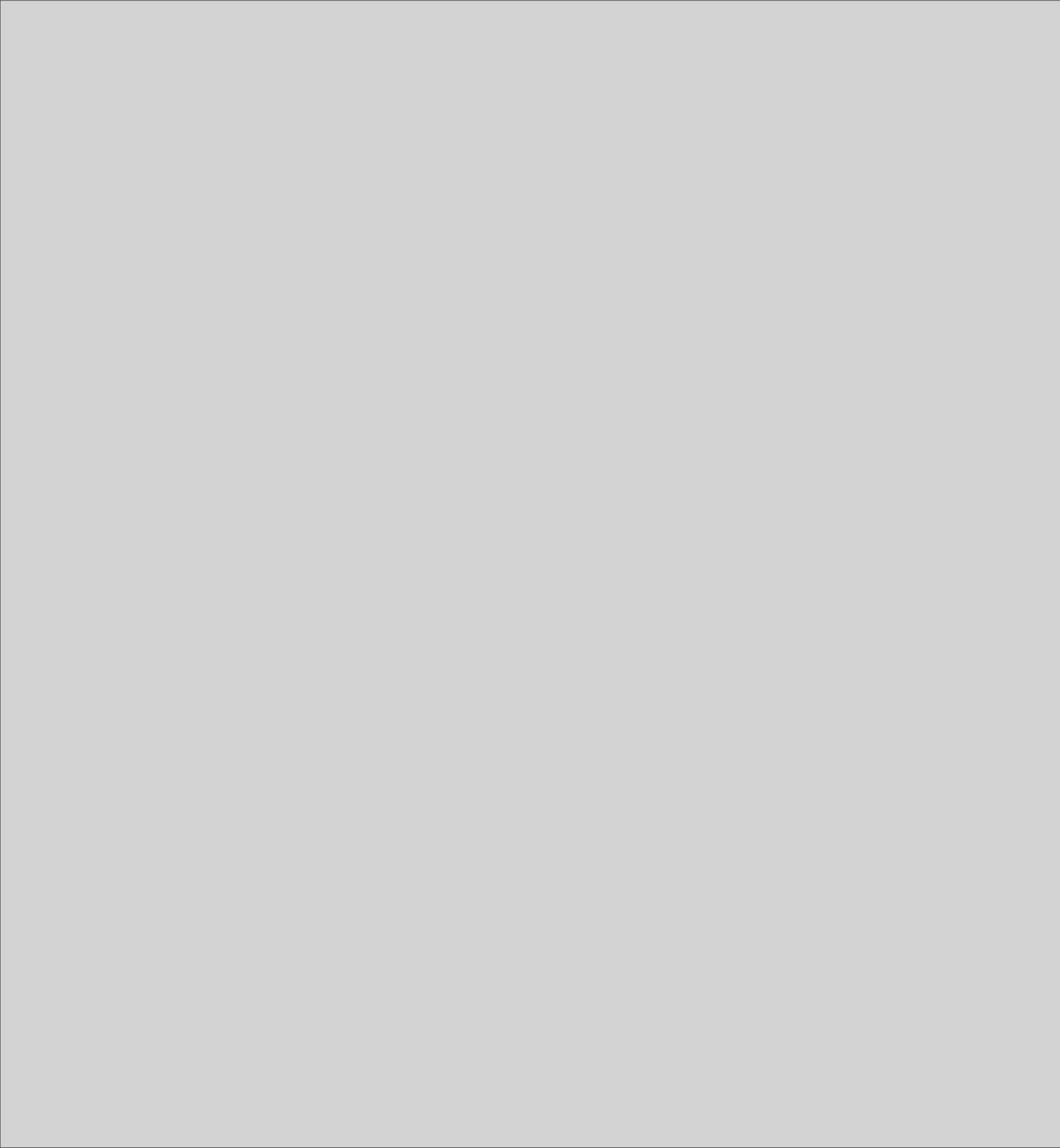
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chaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



Tyndall bids command chief farewell

A retirement ceremony for Command Chief Master Sergeant Kevin Hodges is 3 p.m. today at Maxwell Flag Park. The Gulf Defender interviewed Chief Hodges about his thoughts on his tour at Tyndall Air Force Base and being part of the Checkertail Clan.

Question: Retirement obviously stirs up many emotions. How would you describe yours at this point?

Answer: Naturally, it's one of mixed emotions. Excited about the opportunities that lay ahead, apprehensive of the unknown and sad to be leaving such a great organization with the quality people I've come to respect and admire over the years.

Question: Reflecting on your Tyndall tour as Command Chief, what are some of your greatest memories?

Answer: The Team Tyndall response to Sept. 11 (2001). When we were in (Force Protection Condition) Delta and put out the (Battle Staff Directive) directing only mission-essential personnel should report to base, we discovered that 95 percent of the base — military, civilian and contractor — felt their role was extremely important and they all wanted to be on duty to respond to our



Chief Master Sgt. Kevin Hodges country's needs. I'm very proud to be a part of an organization that has people that fired up about their job. That tells me they know where they fit in to the Air Force mission and consider what they do as vital to mission accomplishment.

Question: In what primary ways did Team Tyndall folks make an impression on you?

Answer: I believe it would be the level of professionalism Team Tyndall folks have and the enthusiasm most folks have about being here. Across the base, you find people in every career field who are the absolute best

at what they do and they bring out the best in everyone around them.

Question: Of all your Air Force assignments, what do you feel made Tyndall stand out from the rest?

Answer: It would have to be the people of Team Tyndall and the surrounding communities. The people in the surrounding communities are the most supportive and patriotic I've come in contact with in my career.

Question: Will you continue to live in the local area, and what are your plans ahead?

Answer: Yes, I will live in the local area. I am pursuing a position with a local contractor and plan to do some program management projects concerning force protection initiatives. I also plan to serve my local community by being involved in city government and volunteer work with youth sports organizations.

Question: If you had to summarize a final piece of advice to Tyndall airmen in a single sentence, what would that be?

Answer: Continue to attack your job each day as if it were the most important job in the Air Force, and remember to have fun along the way.



Melissa Hartle

Thanks

Tech. Sgt. Lisa Graves, 325th Mission Support Squadron, visits with a resident from the Bay Center Nursing Home and Rehabilitation Center Monday to celebrate Veterans Day. More than 35 airmen from Tyndall, and their families, visited with residents and handed out American flags and patriotic ribbons to show their appreciation for the service of those military veterans who reside at the center.



**Think
before
you
drink.**

●FROM THANKS PAGE 2

ceeded the challenge proposed by the Combined Federal Campaign and I salute you for it. I also want to thank Capt. Ken Chaloux, the base CFC project officer, for his leadership and also extend my appreciation to his corps of dedicated key workers. This campaign is extremely important and supports local, state and national helping agencies. Thanks again to the CFC campaign volunteers and to Team Tyndall for once again meeting and exceeding the challenge.

Finally, I'd like to thank everyone who supported Veterans

Day activities. Many of you volunteered your own holiday to make it a memorable occasion for those honored. Some visited homes for the elderly and showed their respect and gratitude for our aging veterans, while others supported the parades, festivities or even generated, flew and recovered our jets performing ceremonial flyovers. Our local community is very proud of our service. Their applause, smiles and handshakes during Monday's events spoke volumes to me personally and fellow airmen and civilians who participated. Thanks for your service and support. Be safe and have a great week!

Operation Turkey Drop 2002 kicks off

Items for Thanksgiving food baskets for military families are being collected, assembled and distributed by the Tyndall chapel community, first sergeants and Top Three group.

Non-perishable food donations may be placed in collection boxes available at Chapel 1, Chapel 2 and other designated locations across the base.

A canned goods food drive is from 8 a.m. - 6 p.m. Saturday at the commissary.

Volunteers will assemble the baskets at 4 p.m Nov. 24 in the Chapel 2 annex.

Everyone is welcome to join in this fellowship of service. Spend time with friends and fill the baskets.

For more information, contact Chaplain (Capt.) Andrew Suh or Senior Airman Diogenes Cruz at 283-2925.



Lisa Carroll

Turkey shoot

Airman 1st Class Heath Neighoff and Staff Sgt. Donna Moses, 95th Aircraft Maintenance Unit, secure the guidance fins and ensure electrical contact is made on an air intercept missile (AIM-9) in preparation for the 2002 Turkey Shoot that ends today. The Turkey Shoot is a semi-annual competition here among fighter squadrons, maintenance units and air controllers to earn bragging rights as the ‘best of the best.’ Look in next week’s Gulf Defender to find out Turkey Shoot results.

●FROM WORTH PAGE 2

ior noncommissioned officers and company grade officers make every day have a much more dramatic impact than you may realize.

The Air Force lives and breathes only through you. You have the power to make things happen. And it’s not lip service when we tell you that you are needed. You truly are. We’re not in the business of hiring people just for the hell of it. We hire people to perform every one of our missions because that’s the only way the mission is going to get ac-

complished — with you.

Don’t kid yourself if you think you’re just along for the ride. Trust me, the ride will stop if you decide to jump off.

The Air Force has invested thousands of dollars in your training and growth. Do you think just anybody is afforded this trust and responsibility? You are not insignificant. Your value to the Air Force is a hundred times more than the training you received. You are worth more than \$4.50. All we ask is for your two cents.

(Courtesy Air Education and Training Command News Service)

There’s only one way to come out ahead of the pack.

QUIT

 American Heart Association
WE’RE FIGHTING FOR YOUR LIFE

Checkertail Clan stays on cutting edge at RED FLAG

The shrill sound of dozens of idling jet engines pierces the quiet desert as flight after flight of combat aircraft roll down the runway. Another combat mission for U.S. military airpower in Operation Southern Watch or Operation Enduring Freedom launching from an isolated airfield in the Middle East?

Not quite, this combat mission is being flown over the skies of Nevada from Nellis Air Force Base near Las Vegas.

But the mission planning, execution and post-mission analysis conducted for this operation is every bit as intense as any flown in a number of hot spots around the world. This is RED FLAG, the U.S. Air Force's premier composite large force exercise, held from Oct. 26 to Nov. 8.

RED FLAG provides an opportunity for dozens of Air Force and sister service combat aircraft and their crews to come together to plan and execute the application of U.S. combat airpower just as they would for an actual combat deployment. The blue, or friendly, offensive counter-air portion for RED FLAG 03-1, consisted of 11 F-15C Eagles and 126 people from the 325th Fighter Wing "Checkertail Clan" at Tyndall.

Aircraft, pilots, maintainers and support personnel were rainbowed from both the 1st and 95th Fighter Squadrons, along with their respective aircraft maintenance units from the 325th Aircraft Maintenance Squadron.

"Our job was to sweep the skies of enemy aircraft so that the main strike package behind us, consisting of 40-50 combat aircraft, could penetrate enemy territory and employ their ordnance unimpeded by any airborne threats," said Lt. Col. Matt Donovan, 95th FS commander and deployed detachment commander. "After the initial sweep, we established combat air patrols

to provide constant protection of the friendly strike aircraft while they were doing their jobs. Any additional enemy aircraft had to deal with the awesome firepower of eight F-15C Eagles before they could get anywhere near the strikers under our protection."

The training area at the Nevada Test and Training site is unique in that it provides overland, supersonic-authorized airspace in a large area measuring nearly 3 million acres. "In addition to great flying airspace and weather," said Colonel Donovan, "the NTTR provides surface-to-air missile and electronic attack simulators so we can train against the full spectrum of enemy air defenses. This training is absolutely crucial to mission success and we get that nowhere else during live flying exercises."

Pilots had the opportunity to practice their air combat skills during the day and night. "The night RED FLAG missions provided a great opportunity for us to practice employing the F-15C with night vision goggles, a relatively new tool for Eagle pilots," said Capt. Dane Crawford, 1st FS weapons officer. "It's extremely important for Tyndall instructor pilots to hone their NVG skills, as we'll soon be instructing students in their use here."

So why did Tyndall people deploy to an ACC combat exercise such as RED FLAG? "It's simple," according to Colonel Donovan, "while every one of our pilots that deployed to Nellis from Tyndall has

combat mission experience, it's important for us to stay current and proficient in the very latest composite force tactics and techniques being developed at Nellis and in the Combat Air Forces. We can then incorporate these most current practices into our instruction to students here at home, sending much better products to the CAF in the form of the most highly-trained F-15C Eagle air superiority fighter pilots and maintainers that we can possibly provide. And although our Checkertail squadrons are unlikely to

ever deploy to actual combat contingencies, all of our pilots and maintainers here will return to combat units one day and will greatly benefit from their experiences at RED FLAG."

The majority of the people that de-

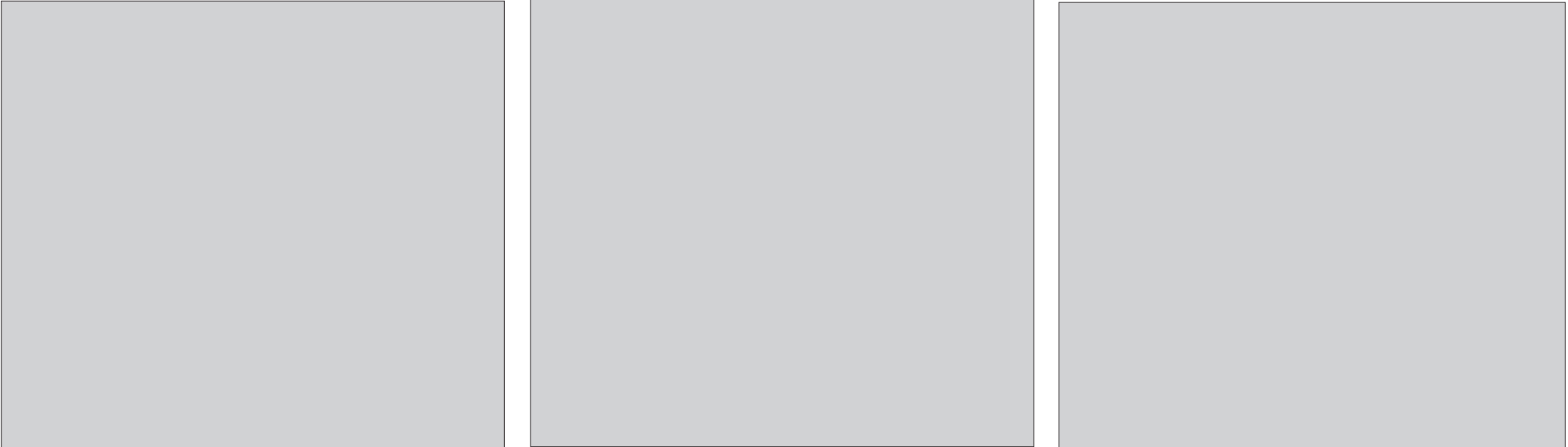
ployed to Nellis, about 100, were the maintenance professionals who kept the Eagles in the air doing their job. The men and women of the 325th Maintenance Group launched 110 simulated combat sorties during the two-week exercise. "I'm extremely proud of these young men and women," said Capt. Dwight Minnick, 1st AMU and deployed combined AMU officer in charge. "They delivered every sortie to the deployed forces commander that was assigned on the daily air tasking order. It was a remarkable feat considering the vastly different climate there in the desert from our home station. These jets have a tendency to act up when the temperature or humidity changes drastically, but these professionals dealt with the issues and provided quality

combat aircraft every time." According to Senior Master Sgt. Jose Perez, 95th AMU and deployed production supervisor, "The rainbow effort of both the 1st and 95th AMUs paid off in spades during this simulated combat deployment. Our folks blended together to provide our pilots with the best combat-capable F-15Cs possible, with many subsystems that don't get used on a daily basis at home station, such as radar warning receivers and other combat avionics subsystems. As they reminded us every day, these items were critical to our pilots' mission successes at RED FLAG."

Various support personnel provided necessary portions of the effort as well. Operations resource managers, such as Airman 1st Class Chelsie Bohn of the 95th FS, provided the daily operations schedule to the Nellis complex. Life support technicians like Tech. Sgt. Richard Powell, 1st FS, not only provided the pilots' survival equipment but also maintained the NVG devices and the various filter kits and lights that work with them. The 1st and 95th also brought along their assigned intelligence officers, 1st Lts. Matt Robbins and Renee Beaver.

"Working at Tyndall in the training environment, intel officers must deal with somewhat abstract concepts such as threat assessments and pilot threat briefings because much of it is notional," said Lieutenant Beaver. "However, at RED FLAG, I gained a first-hand appreciation of the cycle of intelligence reporting along with the time-critical nature of the information gleaned from both higher headquarters intel sources and pilot mission debriefs. Putting it all together as useful products for the pilots was challenging, but very rewarding." For their efforts at the exercise, Lieutenants Robbins and

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●FROM EXERCISE

PAGE 6

Beaver received the award of “Best RED FLAG Mission Report” from the RED FLAG staff.

So what was the final outcome of the simulated war at RED FLAG? “The numbers are not as important as the opportunity to train with the rest of the CAF and learn the capabilities and requirements of all the different aircraft that can make up a deployed composite force,” said Colonel Donovan. “However, I’ll have to brag on the team I led out there just a little ... The Checkertail Clan certainly maintained their proud air combat heritage. During the two-week period, they chalked up 197 simulated air-to-air kills with nearly a 10-to-1 kill ratio.”

Not bad for “those AETC training guys.”

(Courtesy 95th FS)

Checkertail Salute



Staff Sgt. Ryan Phipps

Sergeant Phipps is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Phipps for his outstanding management of the On-The-Job Training program for three squadrons totaling 330 members. His efforts resulted in a 100 percent Career Development Course pass rate.

- Duty title:** Unit education manager for the 325th AMXS and 325th MXS
- Time on station:** 4 years
- Time in service:** 13.5 years
- Hometown:** Toledo, Ohio
- Hobbies:** Fishing, golf, softball and bowling
- Goals:** Make technical sergeant this go round and finish my CCAF degree.
- Favorite thing about Tyndall:** My job. Everyone knows that. Specifically all the people I work with on a daily basis through the maintenance complex.
- Pet peeves:** People who say “It’s not my job” or “I can’t”
- Favorite movie:** “Tombstone”

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall’s Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

Silver Flag ...

Paving the way for contingency operations

2ND LT. ALBERT BOSCO
325th Fighter Wing public affairs

There is a loud bang on one end of the runway as explosive charges blow craters into the concrete surface. Meanwhile, at the opposite end, munitions are scattered and a minefield is set up in an area off the end of the runway. There is no running water or electricity and to make the situation worse, jet fuel is leaking from a fuel line.

This isn't war, and the airfield isn't being attacked. This is the Detachment 1, 823rd Rapid Engineer Deployable/Heavy Operations Repair Squadron Engineers' Silver Flag exercise site at Tyndall. The men and women here are preparing to train civil engineer, services and personnel teams using scenarios similar to those American troops might face during contingency operations abroad.

While preparations are made to the airfield, the remainder of the roughly 200 active-duty, Reserve and Air National Guard troops are tasked to set up an operational deployed tent city with working power, water, fuel system, latrines, showers, dining facility and mortuary.

Each year, the squadron hosts 34 training sessions where trainees receive five one-half days of hands-on training in airfield recovery and bare-base set up using equipment and materials many trainees have never used, or do not have access to, at their home stations. Additionally, civil engineer and services officers from the Air

Force Institute of Technology are afforded the opportunity to get hands-on training during four Officer Field Education courses held each year.

"The OFE course allows officers to actually use the equipment that their troops will have to use in the field," said Tech. Sgt. Robert Barnett, Det. 1, 823rd RHS command and control instructor. "It's important that the officers understand what they will be asking their troops to do so they will know whether or not what they are asking is realistic."

Of the six days spent at the site, the students spend four of those days learning, planning and preparing for an end-of-week exercise that will test what they have learned. Trainees arrive on Sunday and are briefed on the political and military situation in fictional countries Temuka, Caravaca and Oceana for their deployment. They spend Monday through Wednesday in class and in the field, learning to set up and operate specialized deployment equipment and formulating a phased beddown plan for an 1,100-person, 24-aircraft operation. The team will determine utility and facility needs, as well as field feeding requirements, service contract requirements, personnel accountability procedures, a construction schedule, and vehicle, radio and lodging assignments. Once the students determine how they will construct and operate



Firefighters respond to a helicopter ground emergency during a Silver Flag exercise.



Explosive charges blow craters in one end of the Silver Flag



Lisa Carroll

(from left) Senior Airman Evan Goss, 366th Civil Engineer Squadron, Little Rock Air Force Base, Ark., Staff Sgt. Maria Potier, 60th CES, Travis AFB, Calif., and Senior Master Sgt. James McNamara, 178th CES, Ohio Air National Guard, Springfield, Ohio, construct airfield markers in preparation for incoming aircraft.

their bare base, the command and control staff brief the plan to the squadron's cadre on Wednesday afternoon. At 6 a.m. Thursday, the exercise begins and the team implements their plan.

"The goal is to be able to support the 200 personnel immediately and a larger contingency force of up to 1,100 people within 72 hours," Sergeant Barnett said. "They only have one day to complete all of the taskings, and it doesn't matter how long it takes, they have to keep working until the job is done, even if it means working until midnight."

When the exercise kicks

ire

off, a rapid runway repair team begins filling the craters on the runway, while another team sets up airfield lighting, arresting cables and markers to prepare for arriving aircraft. Meanwhile, members of the explosive ordnance disposal team begin removing munitions from the taxiways and runway and clearing the minefield.

Not too far from the runway, a mortuary collection point is set up, while civil engineers begin generating a source of electricity and purifying water from a local pond. Services people are equally important as they begin building tents that will serve as a kitchen, where they will prepare and serve hot meals to troops, a dining tent, lodging facility and a field exchange where troops can purchase various items.

"We will set up a tactical field exchange if the Army and Air Force Exchange Service cannot support setting up a base exchange," said Staff Sgt. Tinisha Johnston, Det. 1, 823rd RHS services contingency instructor. "In some cases they only support us by sending money and supplies so that we can set up our own exchange service on location."

Of course with 200 people running around, operating heavy equipment and removing ordnance, safety is a big consideration. For this reason, the students are briefed daily about safety concerns. During the course of the exercise, the cadre watches over the teams to ensure they are doing their job safely, and while safety is an important part of mission success, students are allowed to make mistakes so they can benefit from the experience rather than being penalized.

"We don't want to take away from their training, so unless they are in a situation where they are likely to affect the job performance of another trade,

we'll just let them proceed," said Tech. Sgt. Sean Pederson, Det. 1, 823rd RHS engineering contingency training NCO in-charge. "In fact, when we approach them with corrective advice, we simply ask questions to get them on the right track themselves, instead of supplying them with the answers."

Aside from the Silver Flag exercises, the squadron also hosts the biennial Readiness Challenge. Members of the squadron will serve as judges for each event. Additionally, the cadre performs dry runs of the events to be held during the Readiness Challenge. In order to simulate the skill level of teams not tasked with these events on a daily basis, a cadre of different Air Force specialties work as a team to do tasks outside of their specialties.

"Selecting people unfamiliar with particular tasks helps us to ensure the parameters are realistic," Sergeant Pederson said. "It wouldn't be fair [for instance] to let me and a group of my co-workers within my Air Force specialty establish runway repair parameters, because we see this every day and know how to do it efficiently."

Since coming to Tyndall in 1994, the Silver Flag contingency training program has undergone many changes with respect to the way training is conducted. Contingency training is nothing new to the men and women who participate during the exercise; however, the squadron has made leaps and bounds in the way they train. For instance, training was previously accomplished with only core people from various active-duty, Guard and Reserve units who would, in turn, take their training home to their troops. Now, entire unit-type-code teams from these units are brought to Silver Flag so every member will have the opportunity to use equipment they will see in the field.

"We're training people for real-world situations," said Chief Master Sgt. Stephen Rudat, Det. 1, 823rd RHS site chief. "UTCs deploy as a team, so the members of each unit need to be trained as a team."

With the global environment changing, the training the American war fighter receives must also change. The contingency attitude has shifted from recovering our air bases after an attack to reflect operations occurring in other parts of the world, where we are recovering foreign air bases in countries



Lisa Carroll

Airman First Class Mathew Patnaude, 314th CES, Little Rock AFB, Ark., uses a metal detector to search for explosive devices such as land mines.

that lack the supplies and equipment we are used to having at our disposal. The men and women who receive training here are given the tools to operate in many locations under nearly any circumstance, and they are grateful for the time they spent at Silver Flag.

"It's rewarding to get e-mail from troops over [in Afghanistan] thanking us for the training, because it really is representative of what's going on over there," Sergeant Pederson said.

Looking at current events and well into the future, it is likely that the program will make further modifications. One change that is not too far off, according to Chief Rudat, is the creation of an Airborne RED HORSE team. This team would be capable of being airlifted with their equipment to remote locations and would be able to repair the airfield to allow other units to arrive later in their normal fashion. Additionally, in a concerted effort to expand the scope of contingency training, other agencies have taken an interest in Silver Flag. Some of these agencies include communications, contracting and medical personnel. Additionally, beginning this month, first sergeants and command chief master sergeants from Air Combat Command will receive training and integrate with the deployed teams in order to define their roles in deployment situations.



Lisa Carroll

Tech. Sgt. David Shaw, 178th CES, Travis AFB, Calif., reads instructions while Tech. Sgt. Tom Parsons, 178th CES, tests water samples from a nearby pond.



2nd Lt. Albert Bosco

training site's 6,000-foot runway.

CRAFTING LEATHER INTO ART

MARCIA ROBERTSON
325th Services Squadron, marketing

In the late 1960s, a seventh grader from upstate New York spent a week's pay of \$14 from his farmhand job to purchase a leatherworking kit. His industrial arts teacher, who had previously introduced leatherworking in class, was horrified — what would the kid's parents say about this squandering of perfectly good money? Happily, the parents didn't yell at their child, or his teacher, and now, 30-odd years later, Mackey Tyndall has moved well beyond \$14 leatherworking kits into award-winning work.

"I just picked leatherworking up right away," Mr. Tyndall said. "I could do well with it and have learned over time."

Mr. Tyndall won first place in this year's base-level artist/craftsman contest in the multicraft art category with his leather holster and belt entry. He also placed second in the industrial art division with a collection of leather squadron patches.

"All of the entries in this year's competition were great," said Ray Mergil, 325th Services Squadron skills development center manager. "Mackey's leatherworking is particularly innovative."

The holster was designed by Mr. Tyndall himself, while the patches are replicas of base emblems such as the fighter wing and the air control squadron.

"I enjoy the creative process," Mr. Tyndall said. "Sometimes a piece doesn't turn out exactly the way I envisioned it would, but that's OK. You can see that you've accomplished something with your time and you develop a real pride in your work."

Although reference sources for leatherworking are available, most of Mr. Tyndall's expertise comes from years of practice.

"A lot of it is trial and error," Mr. Tyndall explained. "You learn that mistakes can be costly. I also get bored doing the same thing so I'm always looking for new ideas."

Every leatherworking project begins with a



Marcia Robertson

Mackey Tyndall begins to carve a new project at the skills development center.

decision on size, which in turn dictates the design.

"The smaller the design, the more detailed it becomes, and the more difficult it is to do," continued Mr. Tyndall.

Designs are available from a variety of sources. Patterns can be purchased, drawn free-hand or duplicated from another object. Anything that can be transferred to paper to produce a pattern can be tooled in leather. Metal stamps are used to imprint small motifs and lettering.

To etch the design, the hide must be wet. And once it is wet, it is easily marred.

"I was wearing a watch once while I was working," Mr. Tyndall said. "It scratched up the leather. You have to be careful not to nick the wet leather accidentally with anything."

Mackey Tyndall carves the curves of the pattern into the leather with a swivel knife. After this outlining is completed, the artistry begins. Different tools allow the craftsman to add details, dimension and shading.

"There are seven basic tools, like the swivel

knife, the pear shader and the backgrounder, which you need to create the outline and then any relief in the leather," Mr. Tyndall explained. "After you have the basic equipment, you can buy a variety of other tools to add special effects."

Because the implements are small, they are portable, which makes leatherworking a perfect hobby for someone who must go on temporary duty.

"I took my tools with me when I went to Honduras," said Mr. Tyndall. "I made a lot of knife sheaths for the guys down there. The time just flew by."

"The more experience you get, the better your work will be," Mr. Tyndall said.

The skills development center plans to offer classes in leatherworking.

This beginner class will be a three-hour session during which the students will work on a small project. The cost is \$15, which includes instruction and materials. Tools will be available for use during the class.

For more information, call 283-4511.

Contest winners

The base-level artist/craftsman contest and the photography contest are held each fall at the skills development center. This year's judge for the Artist/Craftsman Contest was Bay High School art teacher, Chris Cacoran. Photography Contest judges were Chip Lloyd of Lloyd Photography and Johnny Waits of Waits Photography, both members of the Professional Photographers Association. The following individuals received awards for their work:

Artist/craftsman contest

Textile Art:

- 1st and 3rd place — Becky Harper
- 2nd Place — Darline Dacanagsacks

Multicraft Art:

- 1st place — Mackey Tyndall
- 2nd place — Pam Williams
- 2nd place — Lynn Kibbe

Industrial Art:

- 1st place — Robert Walsh
- 2nd place — Mackey Tyndall

Fine Art:

- 1st and 2nd place — Jeremy Paulk
- 2nd place — Richard McAllister

Youth Fine Art:

- 1st place — Jacque Entwistle
- 2nd place — Ashley Barwick
- 3rd place — Savanna Barwick

Photography contest

Monochromatic People:

- 1st, 2nd and 3rd place — Rachael Mclay

Color Print Scenic/Nature:

- 1st and 2nd place — Alma Jeanne Byrns
- 3rd place — Carol Cox

Color Print Creative Effects:

- 1st place — Carol Cox

Color Transparency Scenic/Nature:

- 1st, 2nd and 3rd place — Carol Cox

Color Transparency People:

- 1st and 2nd place — Carol Cox

Color Transparency Creative Effects:

- 1st and 2nd place — Carol Cox

Digital Scenic:

- 1st and 3rd place — Lisa Carroll
- 2nd place — Alma Jeanne Byrns

Digital Military:

- 1st, 2nd and 3rd place — Lisa Carroll

Digital People:

- 1st, 2nd and 3rd place — Michael Ward

Make your next move easier by planning ahead

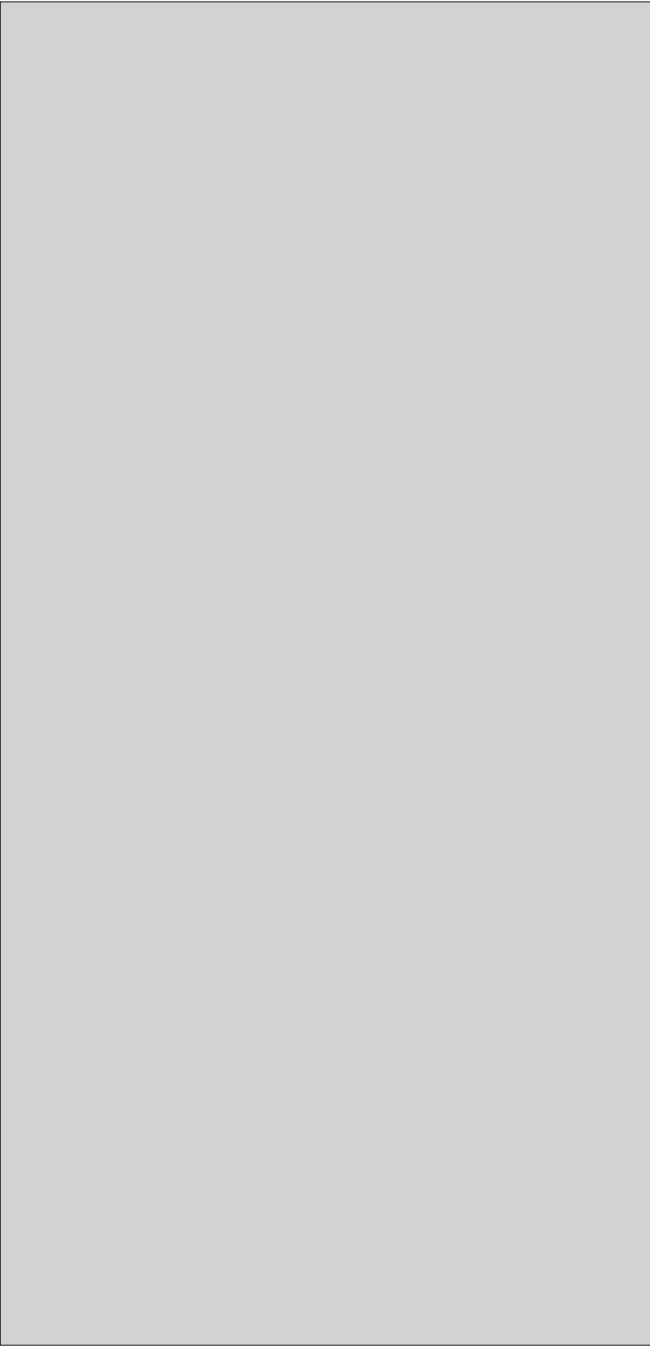
AVELINO REYES-ALFONSO
Logistics Readiness Division chief

During the next six months, several Team Tyndall members will go on temporary duty, receive permanent-change-of-station orders or elect to retire.

Despite being events that can be stressful, all of these occasions have one thing in common – each case requires orders, airline tickets or movement of personal property.

The more people know about these travel procedures, the less stressful the travel will be for everyone involved. Tyndall’s Traffic Management Office, managed by Ralph Haire, exists for the sole purpose of providing customers with the right information to make the right choice when planning that next move. The TMO professionals can tailor the appointment to work with your schedule. In an effort to improve customer service, TMO compiled a list of the most common problems.

❑ Whether going PCS or TDY, it is important not to wait until the last minute to come to TMO. Most problems and dissatisfaction occur during last-minute visits to TMO. Schedule plenty of time to react to any potential problems. If you can’t come to us, call and we’ll make every effort to come to you.

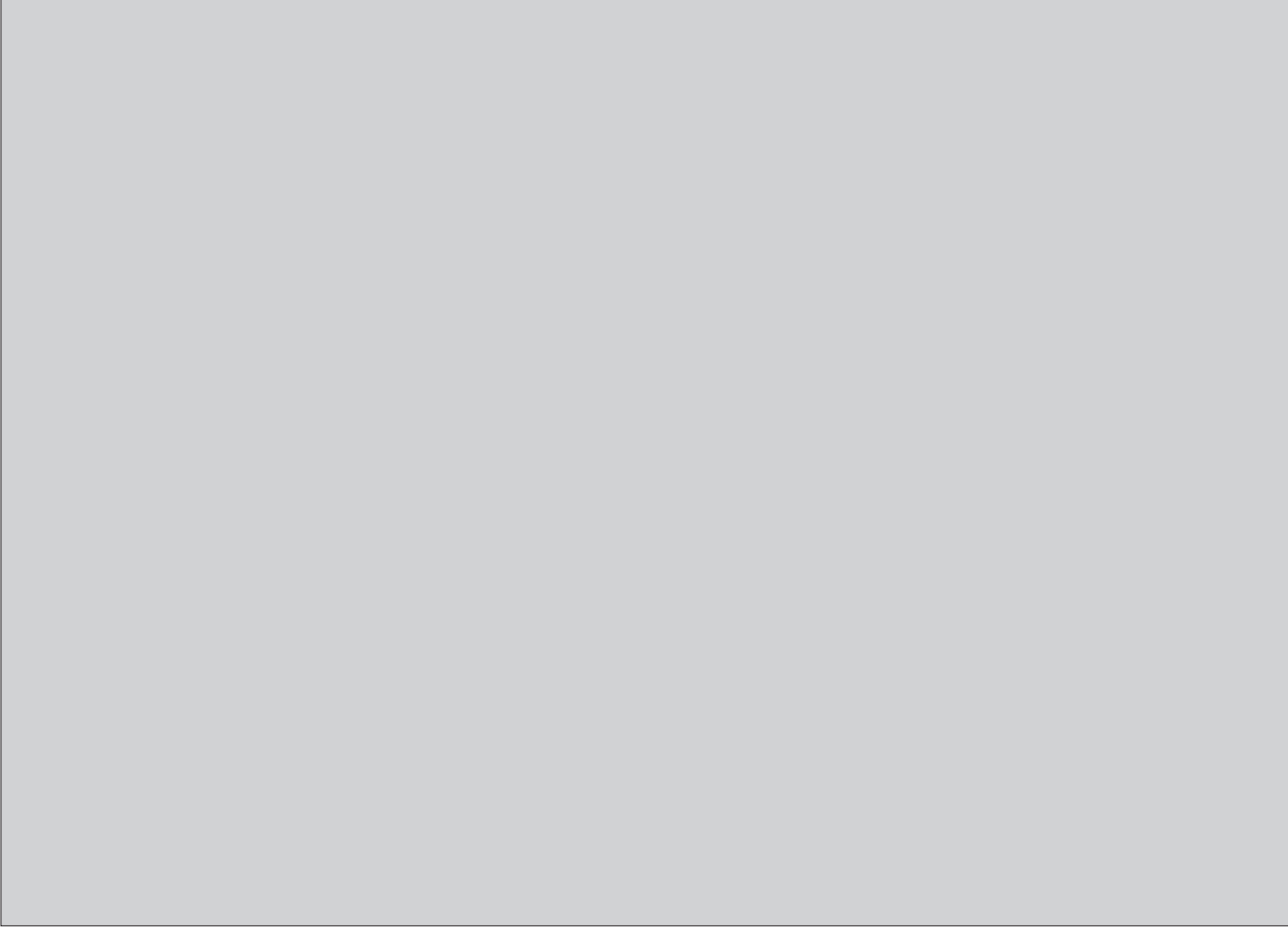


❑ Review orders carefully. Make sure all areas have been approved and signed. One of the most common problems with orders being sent to TMO is that they are not approved by the Tyndall accounting and finance office. While your unit orderly room may have approved the orders, (especially prevalent with TDY orders), the wing ACF must also approve them. If this is not done, TMO cannot process your requests.

❑ Temporary duty orders should be sent to TMO well in advance. This allows enough time to process tickets, make flight reservations and work customer problems. Requests need to be sent to TMO five duty days prior to requested travel dates. While we understand there are exceptions, these should be limited and not become the norm.

❑ Partial withdrawal of household goods can be confusing and expensive if not processed and handled properly. Members contemplating a partial shipment withdrawal must remember the request should be made at the time of counseling and indicated to the carrier/agent at the time of packing, when possible. As with any deviation to normal processing procedures, amendments have to be filled out. A request for a partial delivery must be accomplished prior to putting your property into storage. If you don’t do so and request partial delivery, you will most likely incur additional expenses.

❑ Delivery of personal property for those who have moved is in most cases a joyous occasion. However, failing to follow a few simple guidelines can make it very frustrating. Delivery to the residence should be made on the date requested, if possible. When not possible, every effort should be made to accept delivery within five working days of the requested delivery date. Several things to keep in mind when requesting delivery – Is it the peak season for PCS moves? Am I ready to accept my property? Will it all fit into my house or apart-



ment?

❑ Free airline tickets are not authorized. Regulations do not allow members to use free airline tickets (usually, tickets are provided by a family member who works for an airline) in conjunction with official travel because the tickets were not acquired under the same terms as those offered to the general public.

❑ Another area of concern has been the rules governing circuitous travel. Circuitous travel can only be used when in a PCS status traveling to, from and between overseas areas. For example, if a member was going PCS from Tyndall to Kadena Air Base, Japan, the normal routing would be from Panama City to Kadena through either Seattle or Los Angeles. A member desiring circuitous travel could request routing from Panama City to Honolulu to Kadena. A letter must be approved by the unit commander and the military personnel flight prior to making the travel arrangements. The member must pay the difference between the cost of circuitous travel versus normal government travel prior to departure.

A similar situation exists when members want to take leave in conjunction with TDY travel. All TDY travel must be booked using the GSA City-Pair Fares. Members who want to take leave in conjunction with a TDY will be issued official travel tickets using GSA Fare and can then trade those tickets in for a commercial ticket covering their leave travel. Members will be required to pay the difference in the fare amounts prior to receiving their tickets.

Hopefully, these tips will assist you during your next move. You have our pledge that we will do everything possible to make your next move your easiest and best.

The TMO is in Building 662. For more information, call 283-8183.

Your link to what's going on

Gulf Guide

in the Tyndall community

NOVEMBER

FRI
15

Chapel contract position

A position is now available for a part-time Protestant Kid's Club coordinator.

Interested individuals may submit a sealed bid no later than Sunday. For more information, call 283-2925.

ETAP seminar

Online registration begins today for the next AETC four-day Executive Transition Assistance Program seminar, to be held 8 a.m.-4:30 p.m. Jan. 28-31 in the Pyramid Chapel, Building 1528, at Lackland Air Force Base, Texas. The program is designed to complement the TAP program that already exists, but is tailored to executive-level opportunities. Class size is limited to 30 active-duty members assigned to AETC who have plans to separate or retire in 18-24 months. Retirement-eligible registrants who live outside the San Antonio area can attend in PTDY status with unit commander approval. There is no registration fee for this seminar, and business casual dress is acceptable attire. To register, log on to www.aetc.af.mil/dp/familymatters/index.htm. For more information, call the family support center, 283-4205.

Holiday budgeting class

A brown-bag, lunch-time "budgeting for the holidays" class is 11 a.m.-12:30 p.m. today in the family support center classroom. For more information, or to make a reservation, call the family support center, 283-4204.

SUN
17

Chapel religious education

The Tyndall Chapel offers religious education 9:30-10:30 a.m. Sundays for Protestants and 11 a.m.-noon Sundays for Catholics. Both sessions will be held at the spiritual fitness building. For more information, call 283-2925.

Unity service and picnic

The Annual Unity Service and Picnic scheduled by the Tyndall Chapel Protestant Parish will be Sunday at Heritage Park. The worship and communion service will begin at 10 a.m. followed by a picnic meal and family activities. All are invited to attend. For more information, call the chapel, 283-2925.

TUE
19

Focus 56 meeting

A Focus 56 meeting for all staff sergeant selects through technical sergeants will be 3 p.m. Tuesday in the NCO Academy auditorium. For more information, call Tech. Sgt. Bryon Nelson, 283-8701, or visit the Web site, www.tyndall.af.mil/FOCUS56/default.htm.

Math and accounting tutor

Gulf Coast Community College has a math and accounting tutor available to assist students 4:45 -7:15 p.m. Tuesdays in Room 55 of the education center.

Children's weight class

The health and wellness center's sensible weight class for children meets 3:30-4:30 p.m. every Tuesday in Room 111. For more information, call the health and wellness center, 283-3826.

WED
20

GCCC registration

Registration for Gulf Coast Community College's spring semester will be 9 a.m.-5 p.m. Wednesday in the education center. Classes start Jan. 9.

AFSA meeting

A general membership meeting of the Air Force Sergeants Association Paul Airey Chapter will be 4 p.m. Wednesday in the enlisted club. For more information, call Senior Master Sgt. Tracy Lawson, 283-3117.

NCOA meeting

A general membership meeting of the Gulf Coast Chapter's Noncommissioned Officers Association will be 11:30 a.m. Wednesday in the community activities center. For more information, call Tech. Sgt. Robert Barnett, 283-8734.

NOTES

Service station hours

The service station bay is now open 10 a.m.-3 p.m. Oil changes, tire changes and new tires can be purchased during this time frame. For more information, call 286-5826.

Blood drive

The American Veterans Post 2298 in Callaway and the American Red Cross will hold a blood drive 10 a.m.-2 p.m. Nov. 23 in the AMVETS Auxiliary Building at Post 5510, 5510 Highway 22, across from St. Andrews Bingo in Callaway. Hot

dogs and beverages will be provided. For more information, call Steve Spears, 874-9918, or Mike McLeer, 874-0234.

RETIREE NEWS

Health-care privacy

Beneficiaries of the Department of Defense Military Health System and TRICARE have the right to receive quality health care and the right to keep health-care information private. The Health Insurance Portability and Accountability Act of 1996 established privacy rules that all U.S. military and civilian health-care providers, hospitals and organizations are required to follow to protect the privacy of health-care information from unauthorized disclosure or use. TRICARE will implement the new privacy rules on April 14, 2003.

Under HIPAA privacy rules, beneficiaries have the right to receive a notice of MHS privacy practices from a military treatment facility; access, review and receive a copy of personal medical records or health-care information on file at the MTF; request a change or correct an error in a medical record; know how, when and to whom their medical information is disclosed; file a grievance with the MTF regarding a privacy concern; and finally, provide written instructions on personal preferences regarding use and disclosure of personal health information.

Personal health-care information may be disclosed to other health-care providers such as specialists, pharmacists or laboratory technicians who, at the request of the primary care manager, may need access to private health-care information to provide you with optimal care. MTFs may not share your personal health-care information with outside sources for marketing, health-care research or any other reason without your knowledge and written consent.

Privacy officers are located at every MTF, serve as beneficiary advocates for privacy issues and will respond to inquiries from TRICARE beneficiaries who may have questions or concerns regarding personal health -care information or the new privacy rules. For more information regarding privacy rights or concerns, call your local MTF privacy officer. A copy of the MHS Notice of Privacy Practices is available on the TRICARE Web site: www.tricare.osd.mil/hipaa.

YARD SALES

The following yard sales are scheduled for Saturday: 3175-B Voodoo Drive, 2920-B Bomarc St. and 2335 Grant Drive (Shoal Point). All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "The Banger Sisters" (R)

Saturday: "The Tuxedo" (PG-13)

Sunday: "The Banger Sisters"

Thursday: "The Tuxedo"

Note: Sunday showtime only has changed to 5 p.m. All other shows begin at 7 p.m.

Lieutenant gives new meaning to Ironman triathlon

MELISSA HARTLE

325th Fighter Wing public affairs

Two years ago, he lay unconscious in a hospital bed at Bay Medical Center in Panama City — his body riddled with ink markings identifying viable organs for donation.

Last weekend, Brock Stephens, a first lieutenant assigned to the 325th Air Control Squadron, found himself again marked up. This time he welcomed the markings, which identified him as a participant in the Ironman Florida triathlon held in Panama City Beach.

How Stephens went from facing death only two years ago, to finishing a race that consists of a back-to-back 2.4-mile swim, 112-mile bike ride and 26.2-mile run, is a story of motivation and perseverance.

“Shortly after the accident, before I could walk or run again, I decided I was going to enter an Ironman triathlon,” said Stephens, who is an air battle manager instructor at Tyndall.

The accident Stephens refers to happened in September 2000, when he and a few friends were cycling on the shoulder of a local highway.

“There had only been one other car on the road that day,” said Stephens. “I could hear the car approaching and the next thing I heard was the brakes locking up. I don’t remember much else after that.”

The vehicle, traveling more than 70 mph,



Melissa Hartle

Brock Stephens overcame a nearly-fatal accident to compete in an Ironman competition. Despite a titanium rod that holds his leg together, Stephens’ doctor didn’t believe an Ironman triathlon was in the future of this air battle manager instructor.

hit Stephens from behind and threw him 87 feet into the air. He landed face down on the pavement and slid another 23 feet before coming to a stop.

The 17-year-old driver of the vehicle was later charged with reckless driving.

Stephens ended up in the hospital in critical condition and on life support for four

days. Because of the scope of his injuries, he spent another 16 days in recovery at the hospital.

As a result of a closed-head injury, Stephens suffered pressure buildup on his brain, forcing doctors to perform a neurosurgical procedure which left him with a temporary metal shunt protruding from his temple.

According to Stephens’ orthopedic surgeon at Bay Medical Center, Dr. Chad Mitchell, such head injuries often take years to recover from and can even leave patients with permanent brain damage.

Stephens also had significant injury to his left leg. Surgery had to be performed to repair damage to his tibia and fibula, leaving a permanent 14-inch titanium rod with stainless steel screws implanted in his leg.

“My first concern was, ‘Will I walk again?’” said Stephens. In fact, it took eight months of therapy before he could walk without crutches.

Two months into his recovery, Stephens, who had participated in a few short-distance triathlons prior to the accident, made the decision to participate in the Ironman.

“I thought it would be the ultimate comeback,” said Stephens. His doctors were less optimistic.

“They said I *might* be able to run again, but they weren’t very encouraging about my ability to do a triathlon,” said Stephens.

“I didn’t think he’d be running in an Ironman when I first saw him,” said Dr. Mitchell. “He’s had a lot to overcome, but he’s done it.”

Dr. Mitchell said that because of the extent of his injuries, coupled with some healing complications, Stephens’ ability to participate in a triathlon this soon is impressive. “Considering the circumstances, he’s recovered pretty rapidly,” said Dr. Mitchell.

Although rapid, his recovery hasn’t been easy. To get from that hospital bed to the finish line of the Ironman, Stephens had to commit to regular physical therapy and a rigorous weekly training regime, consisting of running 30-40 miles, cycling anywhere from 200-350 miles and swimming four-six miles.

Stephens said the pain he endured during training paid off during the run portion of the race as fatigue set in. “I motivated myself to continue by remembering all the pain I have gone through to get here,” said Stephens.

That motivation got Stephens to the finish line in 12 hours, 19 minutes and 57 seconds. He came just shy of meeting the 12-hour goal he set for himself, but that doesn’t discourage him from continuing.

“It just motivates me to be faster in my next Ironman,” said Stephens.

Stephens has already registered for his next Ironman scheduled for June in Idaho.

Tigers take SEMAC Thanksgiving Tourney title

The Tyndall Tigers Men’s Varsity basketball team took home the gold at the Annual Southeastern Military Athletic Conference Thanksgiving Basketball Tournament held at Moody Air Force Base, Ga., last weekend.

Tyndall-88, Robins-75

In their first game versus the Falcons, Tyndall jumped out to an early lead behind Scott Moore and Marcus Baucom who scored eight points each in the first half to pace the Tigers to a 45-31 lead at the intermission. In the second half, the Tigers extended their lead to more than 20 points on several occasions, before the Falcons rallied late to make the score respectable as Tyndall took the victory.

Scott Moore and Israel Figueroa led the Tigers in scor-

ing with 18 and 15 points respectively, followed by Chris Jackson with 14. Marcus Baucom added 12 points and Jason Gray and Tarrance Garner chipped in 10 points each. Moore and Figueroa also led in rebounding with 12 and 10 boards respectively. Baucom had six assists, and Moore had four blocked shots. Fabian Benson led Robins in scoring with a game-high 22 points.

Tyndall-96, Moody-64

In their second game of the tournament, the Tigers faced the host Moody Falcons. The Falcons hung tough at the outset of the contest, before the deep Tigers squad began to wear them down. The Tyndall defenders held Moody scoreless for the final five minutes of the first half to build a comfortable 47-31 lead at the half. The second half was a repeat of the first, as the Falcons had no answers for the Tigers’ superior depth. Tyndall was never challenged and cruised to take the win.

Chris Jackson came off the bench to lead the Tigers in scoring with a game-high 26 points, followed by Israel Figueroa with 15. Dan Bautista, Marvin Gamble, Scott Moore and Tommy Nixon all scored 10 points. Moore, Figueroa and Gamble all tied for team rebounding honors with 11; Baucom had seven assists, and Jackson had four steals. Patrick Page led Moody in scoring with 16 points.

Tyndall-77, Eglin-70

The final game of the round-robin tourney pitted the undefeated Eglin Eagles (2-0) against the undefeated Tyndall (2-0) squad. Eglin jumped out to an early 8-0 lead, before Chris Jackson entered the contest to spark the Tigers. Tyndall went on a 12-2 run and never looked back as they took a 41-37 advantage into the intermission. In the second half, the Tigers dug in on defense and continued to dominate on both the offensive and defensive boards as they enjoyed the lead throughout the second stanza. The Tigers were able to deny the Eagles attempts to rally to seal the victory and take the champion’s crown.

Jackson paced the Tigers in scoring with a game-high 22 points, followed by Gamble with 14 and Figueroa and Moore who had 10 points each. Lance Clark led the Tigers in rebounding with 11, while Jackson and Moore had 10 each. Baucom led in assists with six, along with five steals. Maurice Wong led the Eagles in scoring with 16 points.

Tyndall’s Jackson was voted most valuable player of the tournament. Figueroa and Moore joined him on the all-tournament team.

The Tigers host the Keesler Dragons this weekend. Game times are 3 p.m. Saturday and noon Sunday.



Funshine NEWS

November 15, 2002

This page is produced by the 325th Services Marketing office, 283-4565.

Electrified Membership Drive

One new member & one current member per command will win:

Grand Prize

Sony 32TS1 Plasma TV
Bose Lifestyle 28 Home Ent. System
Monster Cable M1000i
Monster Power MPB2100

Current members are already entered to win!

Through December 20

An additional drawing will be held to award a Tyndall Member a Breitling Watch.

Just pick up an application from your club and sign up now through December 20 to be eligible for the random drawings.

Sponsored in part by: **First USA & Ted's Jewelers**
No federal endorsement of sponsors intended.

Tyndall Enlisted Club Steak-Out Zone

Every Friday

5:30-8:30 p.m.

Only \$5.95

283-4357

Have a Birthday Party at Raptor Lanes

Economy Party - \$22 ■ Custom Party - \$39
Deluxe Party - \$59

Birthday child must be 16 years old or younger. Your child will love the Bowland 3-D Animated Graphics. They're awesome!

283-2380

All Ranks at the O Club Super Sunday Brunch

November 17, 10 a.m.-1 p.m.

\$8.95* Champagne Available - add \$3

- | | |
|-------------------|--------------------|
| ■ Carving Station | ■ Hash Browns |
| ■ Omelet Station | ■ Fresh Fruit |
| ■ Belgian Waffles | ■ Muffins |
| ■ Sausage | ■ Danish |
| ■ Bacon | ■ Biscuits & Gravy |

*Members First! Show your club card to receive a \$1 discount!

283-4357

All Ranks THANKSGIVING F.E.A.S.T. Tyndall Officers Club

Thursday, November 28

Reservations Encouraged

Your choice of the 11 a.m. or 1 p.m. reservation times.

Carving Station w/ Roast Beef and Baked Ham, Omelet Station, Waffle Station, Sliced Turkey, Stuffing, Candied Yams, Cranberries, Mashed Potatoes & Giblet Gravy, Seasonal Vegetables, Scrambled Eggs, Home Fries, Bacon, Biscuits, Creamed Beef, Seasonal Fruit, Dessert Station, Selection of Juices, Coffee & Tea

Adults: \$14.95*

Children (5-11): \$6.95*

Children (0-4): Free

*Members First!
Show your club card to receive \$2 discount

283-4357

Passport to Adventure

Validate Your Passport NOW for a Chance to

Win These Great Prizes:

A Cruise for 2 on the Riviera
A Cruise for 2 on the New England Coast

To get your passport and information on how to play stop by Information, Tickets and Travel or call: **283-2499**.

Youth Center

☎ 283-4366

Final Basketball Signups

Nov. 16th, 9:30 a.m. in the Youth Center gym, 9-10 year old skills evaluation and team selection. \$10 late fee for signups after the 15th.

Vet Clinic Grand Opening

November 18, 2002 at 10 a.m.
Building 1309 on Suwannee Ave.

Tour the new veterinary clinic & family child care facility. Free gifts to take home to your pets. (While supplies last.)

Sponsored in part by:

IAMS Foods and Hills Pet Nutrition Inc.
No federal endorsement of sponsors intended.

283-2434

Fitness Center

☎ 283-2631

Restringing Service

Fee is \$15 per racquet with the string provided by the Fitness Center. If patron provides the string, the fee is \$10. Restringing will be completed within 48 hours.

TURKEY TROT

Thurs., Nov. 21

Walk 2:30 p.m. Run 3 p.m.

Call Fitness Ctr. for more information

283-2631

Sponsored in part by First Command.
No federal endorsement of sponsor intended.

Marina Club

☎ 283-3059

Deep Sea Charters

Call the Marina for more information.

Christmas Parties

Have your squadron Christmas party at the Marina Club overlooking St. Andrews Bay.

Seafood Lunch Buffet

All-You-Can-Eat only \$6.50, including soft drink. Every Fri. 11 a.m.-2 p.m.

Pontoon Boat Rentals

Full day rental only \$95.

Want to keep up with "What's Happening" at Tyndall? Send us your email and we will add you to our weekly mailing.

whats.happening@tyndall.af.mil
or call us at **283-4565**

Check us out
on the world wide web:
www.325thservices.com

Teen Center

☎ 283-0295

Skin Care Party for Teens

6 p.m. till ? Members free, non-members \$2. Parent permission slips must be turned in to receive facial. Call for date.

Community Activities Center Pigskin Picks

Entries must arrive at the CAC by 5 p.m. Friday preceding the weekend games. (Thursday games do not count.)

Sponsored in part by:

AAFES, Hodge Barb-Que & The Chefs Shop.
No federal endorsement of sponsors intended.

Call for more information:

283-2495

Discover the... Hidden Treasures ...at Tyndall

Game boards for Discover the Hidden Treasures at Tyndall will be available through the following facilities during their normal business hours

- 325th Medical Group: Health and Wellness Center, Family Advocacy, Life Skills Support
- 325th Mission Support Squadron: Family Support Center, Education Center
- 325th Fighter Wing Chaplain Service (Chapel 2)
- 325th Services Squadron: Human Resource Office; Fitness Center; Information, Tickets and Travel; Enlisted Club; Officers Club; Golf Course; Marina Club; Community Activities Center; Pizza Pub & Snack Bar at CAC; Skills Development Center; Youth Center; Family Child Care; Child Development Center; Outdoor Recreation (FamCamp); Sand Dollar Inn; Veterinary Clinic; Library; Bowling Center.

Sponsored in part by: **Enjoy Florida Hotels, Four Points Hotel Sheraton Ft. Walton Beach, Best Western Ft. Walton Beachfront, Ramada Plaza Beach Resort Ft. Walton Beach, Silver Shells Beach Resort & Spa Destin & Lighting Unlimited.** No federal endorsement of sponsors intended.

Did you know there are hidden treasures on Tyndall? You could Discover the Hidden Treasures on Tyndall and win great prizes by following the clues between now and Nov. 22.

Tyndall Clubs Hosts

Watch the multi-game action at the CAC Pizza Pub!



The CAC will be open
Sundays, 12-7 p.m.
during football season
(Through January 26)



Win a trip to:

49ers vs. Cowboys game
Super Bowl
Pro Bowl

San Francisco to

meet 49ers Terrell Owens

For more information call **283-3222**

Sponsored in part by: American Airlines, Double Tree Alana Hotel Waikiki, Miller Lite, First USA Bank, Destination Arlington, TX. No federal endorsement of sponsors intended.

Diabetes awareness leads to early detection, treatment

MAJ. (DR.) PAMELA OVERMYER
325th Medical Group

Here's a quick little quiz:

1. What is the number one cause of blindness in the United States?
2. What is the number one cause of kidney failure in the United States?
3. What is the number one cause for amputations in the United States?

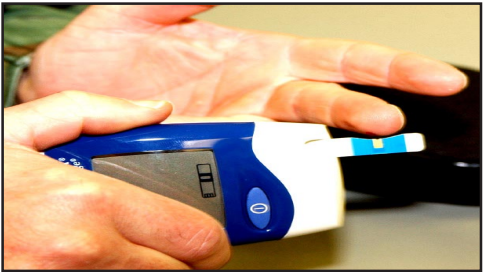
The quiz is quite easy because there's only one answer: Diabetes.

November is National Diabetes Awareness Month and an estimated 16 million people in the United States have diabetes and probably half of these do not even know it. With recent changes in the guidelines for diagnosing diabetes, more people are being diagnosed, and doctors are catching the disease a lot sooner than ever before. This is part of the reason for so many new cases of

diabetes. Another reason for the increase is the widespread prevalence of obesity in our population, which is a major risk factor for becoming a diabetic.

Diabetes results from the body's inability to make enough insulin or use the insulin effectively. The result is elevated sugar levels in the body. There are two kinds of diabetes, Type I and Type II. Each has different causes and treatments.

Type I diabetes was formerly known as juvenile or insulin-dependent diabetes. It is usually found in younger people, and is often diagnosed in childhood. These people do not make insulin and need insulin shots to survive. Type II diabetes was formerly called non-insulin dependent diabetes. Individuals diagnosed with the Type II form of the disease are



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usually older adults who are commonly overweight or obese. These people usually start with diet and exercise to control their sugars. They also may require medications, and sometimes insulin, to adequately control their diabetes.

Early diagnosis and treatment of diabetes is needed to prevent the long-term complications that can occur. Diabetes can lead to blindness and kidney failure. People with diabetes are prone to infections, especially in the feet. Sometimes these infections become so severe that

the person needs an amputation. Diabetes is also a major risk factor for heart attacks.

The most common symptom of diabetes is no symptom at all. That's why so many people do not realize that they have the disorder. It is frequently completely asymptomatic and often found only by accident or by routine screening. But diabetes can cause symptoms. Some diabetic symptoms are excessive thirst or hunger, fatigue, blurred vision, frequent urination, slow-healing wounds or frequent bladder or yeast infections.

If you or someone you know has these symptoms or if diabetes runs in your family, contact your health-care provider to arrange diabetes screening. There are many benefits to early treatment of diabetes. There are also numerous resources available that can provide more information such as the health and wellness center at 283-3826. Another source of information is the American Diabetes Association at (800) 342-2383 or on the Internet at www.diabetes.org.

